

ABSTRACT OF THE DISCLOSURE

The present invention relates to a position adjustment mechanism, comprising two cylindrical portions, a first one of the portions being slidably disposed inside a second one of the portions. One of the portions has at least three detents and the other
5 portion has at least three members for engaging in respective said detents to hold said portions in a first position, the members being removable from said detents to allow said portions to move into a second position; wherein the detents and members are equi-spaced around the first and second portions.